

## Briefs . . .

### Quadrangle closure

The Quadrangle will be closed to the public today until 11 a.m.

### 32nd Med. Bde. change of command

Col. Bradley Freeman will relinquish command of the 32nd Medical Brigade to Col. John Cook during a ceremony Friday at 8 a.m. on MacArthur Parade Field.

### AMEDD Regimental social

The U.S. Army Medical Department Regimental Social will be held Friday at the AMEDD Museum. The doors open at 4:30 p.m.; the social starts at 5 p.m. Keynote speakers are Maj. Gen. Russell Czerw, commander, Fort Sam Houston and AMEDD Center and School. The social is open to military and civilians. For more information, call 1st Sgt. Clay Istre at 332-0722; tickets will be available at the door.

### CPAC available to assist

The Civilian Personnel Advisory Center is available to address general or specific questions or problems employees may have related to pay, leave, ratings, awards, where to locate specific regulations and a variety of other general information. CPAC employees have quick access to records and can provide a speedy resolution to inquiries. For more information, call CPAC at 221-1425.

### Harry Wurzbach gate

The Harry Wurzbach East gate, adjacent to The Towers, is designated a visitor access control point. Daily passes will be provided to visitors who wish to enter the post for official business. Drivers must have a current driver's license and, if asked, must provide proof of insurance and registration. Vehicles with expired inspection stickers will not be allowed on post. All passengers, 16 years and older, must also have a valid photo ID card.

See **BRIEFS** on Page 4

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Photo by Sgt. 1st Class Ron Burke

## Board games

Spc. Brandi Notto, of the 321st Sustainment Brigade in Baton Rouge, La., crawls across a pit on a board that Spc. Timothy Dixon, of the 4013th Garrison Support Unit at Fort Polk, La., holds steady for her during the Leadership Reaction Course. The Soldiers are participants in Exercise Bald Eagle III, which took place June 16 to 30 at Camp Bullis. See related story on Page 3.

# Fort Sam steps up water conservation efforts

By Elaine Wilson  
Fort Sam Houston Public Information Office

A dry spell and resultant dip in the aquifer level triggered Stage One water restrictions July 19 for the city of San Antonio and Fort Sam Houston.

Stage One of the city's drought plan is implemented when the Edwards Aquifer level drops to 650 feet or below at the J-17 monitoring well on Fort Sam Houston, according to a San Antonio Water System article.

Rain or shine, the Stage One restrictions will stay in effect until the aquifer level stays above 650 feet for 30 days, accord-

ing to Aquifer Management Plan ordinance. Restrictions will continue until there is an announcement in the newspaper that Stage One has been canceled or that Stage Two is in effect.

"Fort Sam Houston is committed to protecting our water resources as an integral part of the installation's mission," said Maj. Gen. Russell Czerw, installation commander. "We must meet our responsibility by conserving this precious resource and being proactive in our stewardship."

Fort Sam Houston practices year-round water conservation measures, which include no irrigation between 10 a.m. and 8 p.m., prevention of water waste and a ban on carwash fundraisers.

See **WATER CONSERVATION** on Page 4

# Fort Sam Houston joins nation for National Night Out

Fort Sam Houston will take part in National Night Out, a crime and drug prevention campaign that takes place every August and involves citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials.

The event is designed to heighten crime and drug prevention awareness; generate support for local anticrime programs; strengthen neighborhood spirit and police-community partnerships; and send a message to criminals that neighborhoods are organized and fighting back.

Last year, more than 34 million people participated in National Night Out, according to the National Night Out Web site.

Lincoln Military Housing officials encourage

housing residents to participate in National Night Out at Fort Sam Houston Tuesday. Residents are invited to have block parties, which may be partially sponsored by LMH. Once registered for a block party, LMH will arrange for officers and other community leaders to visit parties to meet the hosts and their neighbors.

Registration forms are available at the housing office in Building 367. Submit the form in person or fax to 270-7699. For more information, call the housing office at 270-7638.

(Sources: Residential Communities Initiative and <http://www.nationaltownwatch.org/nno/>)

Note: See *National Night Out proclamation on Page 2.*



Photo by Sgt. George King

Maj. Gen. Russell Czerw, installation commander, signs the Fort Sam Houston proclamation for National Night Out Monday. "National Night Out activities promote safety and preparedness, posturing our great military and civilian communities to better respond to emergencies."



# Commander proclaims National Night Out for post



Whereas, the National Association of Town Watch is sponsoring a unique, nationwide crime, drug and violence prevention program on Aug. 1, 2006, entitled “National Night Out,” and

Whereas, the “23rd Annual National Night Out” provides a unique opportunity for Fort Sam Houston to join forces with thousands of other communities across the country in promoting cooperative, police-community crime prevention efforts; and

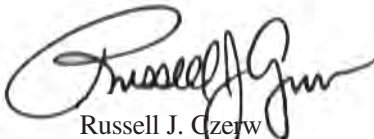
Whereas, all residents of Fort Sam Houston housing areas play a vital role in assisting the police through joint crime, drug and violence prevention efforts on Fort Sam Houston; and

Whereas, it is essential that all families of Fort Sam Houston housing areas be aware of the importance of crime prevention programs and impact that their participation can have on reducing crime, drugs and violence on Fort Sam Houston; and

Whereas, police-community partnerships, neighborhood safety, awareness and cooperation are important themes of the “National Night Out” program;

Now, therefore I, Maj. Gen. Russell J. Czerw, do hereby call upon all families living on Fort Sam Houston to join the police and the National Association of Town Watch in supporting the “23rd Annual National Night Out” on Aug. 1, 2006.

Further, let it be resolved that I, Maj. Gen. Russell J. Czerw, do hereby proclaim Tuesday, Aug. 1, 2006 as “National Night Out” on Fort Sam Houston, Texas.

  
Russell J. Czerw  
Major General, U.S. Army  
Commanding

## Fort Sam Houston News Leader

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- Army Medical Department  
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# Soldiers rise to the challenge at Exercise Bald Eagle III



Sgt. Aldime Burroughs, of the 321st Sustainment Brigade in Baton Rouge, La., creates a small dust storm as he quickly crawls through a 40-meter-long obstacle during Exercise Bald Eagle III at Camp Bullis.

Photos by Sgt. 1st Class Ron Burke

The first iteration of Exercise Bald Eagle III at Camp Bullis welcomed Soldiers from throughout Texas, Louisiana and Arkansas June 16 to 30.

Soldiers from the 321st Sustainment Brigade from Baton Rouge, La., and its detachment in El Dorado, Ark., provided the Soldiers with tough, realistic training in the form of battlefield survivability lanes training, convoy operations and rifle marksmanship. Soldiers were able to get certified in field sanitation and combat lifesaver skills.

“Many of you have or will deploy in the near future,” said Brig. Gen. Phillip Hanrahan, deputy commander for readiness from the 90th Regional Readiness Command, during a visit to the training site. “Your training and experiences are crucial in shaping the young Soldiers of the future.”

Day five of the exercise signaled the start of field operations after three days of classroom instruction on combat lifesaver certification, driver’s training, field sanitation and basic leadership training.

Training included rifle qualification, battlefield survivability skills course, lanes training in convoy operations and team-building activities.

(Source: 321st Sustainment Brigade Public Affairs)



(Above) Staff Sgt. Robert Jeffcoat, of the 373rd Combat Support Battalion in Beaumont, Texas, coaches Staff Sgt. Gary McCline, of the 4013th Garrison Support Unit at Fort Polk, La., through the introduction phase of the latest version of “Beamhit,” the Laser Marksmanship Training System. “With the new technology, Soldiers get to see the errors that they are making on the computer before they go out and do a live fire,” said Jeffcoat. “It helps build their confidence.”



(Right) Sgt. Tara King, of the 321st Sustainment Brigade in Baton Rouge, La., works her way over the top rung of an obstacle under the watchful eyes of Sgt. Jonathan Zittle, of the 4013th Garrison Support Unit (Detachment 1) at Fort Polk, La., during the team-building phase of Exercise Bald Eagle III.

Pfc. Ashley Herron, of the 321st Sustainment Brigade in Baton Rouge, La., applies a field dressing to a casualty’s arm after an indirect fire attack during combat lifesaver lanes training. Selected Soldiers were taught to evaluate a casualty, react under fire, complete a medical evacuation, apply a tourniquet, and open and maintain a casualty’s airway.



Photo by Pfc. Megan M. Dennis

Pfc. George Austin, of the 321st Sustainment Brigade, keeps a low profile as he prepares to rush the enemy during Exercise Bald Eagle III.



# Army medical team reflects on recent successes

By Jerry Harben  
Army Medical Command

Some 750 members of the Army Medical Department attended a medical symposium and exhibition presented by Army Medical Command and the Association of the United States Army July 18 through Friday in San Antonio.

“It’s an outstanding conference. I’m learning how all the pieces are being coordinated,” said Maj. Muriel Brown, a medical career manager for Human Resources Command.

Participants exchanged information in sessions along tracks for senior leaders, senior NCOs, chaplains, safety, civilian personnel, military personnel, reserve forces and resource management.

In general sessions, they heard presentations from Lt. Gen. Kevin C. Kiley, Army surgeon general; Lt. Gen. Robert Wilson, assistant chief of staff for installation management; Lt. Gen. Michael D. Rochelle, deputy chief of staff G-1; and Maj. Gen. Stephen M. Speakes, director of force development in the Army G-8 office.

“The Global War on Terrorism is not going away,” Kiley said. “Our nation needs a strong Army and our Army needs a strong AMEDD.”

Referring to AMEDD officers as “pentathletes,” Kiley said they need a variety of skills to take on the multiple tasks required for modern military health care.

“We do highly sophisticated technical

“The Global War on Terrorism is not going away. Our nation needs a strong Army and our Army needs a strong AMEDD.”

Lt. Gen. Kevin C. Kiley  
Army surgeon general

health care one day. The next day we are convoying through hostile sites. The next day we are putting together business plans,” he explained.

Kiley praised efforts to provide extensive mental-health services to Soldiers returning from deployment.

“This has been a stunning success, but the bar is very high,” he said.

Speakes described a personal experience with Army medical care, as his son was injured in a vehicle rollover in February. The officer was treated at Walter Reed Army Medical Center and has rejoined his unit at Fort Drum, N.Y.

“I sensed the care, compassion and commitment of medical professionals in the Army,” Speakes commented.

He also discussed acquisition of equipment to support the Army in the current conflict and in transformation for the future.

Sgt. Maj. of the Army Kenneth O. Preston, speaking to the NCOs in attendance, said the question he fields most often from troops has to do with how long they can be at home between deployments.

“The thing that resonates with Soldiers

and families is predictability and stability,” he said.

“This is the first time in history we have sustained a long-term fight with an all-volunteer force,” Preston pointed out, as he urged the audience to recruit and retain Soldiers, and keep them safe.

Col. Jeffrey E. Short, who commanded the 115th Field Hospital (since reorganized as the 115th Combat Support Hospital) at the Abu Ghraib prison in Iraq, told the senior leader track how the hospital provided care in four locations for more than 10,000 detainees ranging in age from 11 to 94. While U.S. Soldiers are usually treated and then quickly evacuated out of the theater, the detainee mission includes rehabilitation and long-term care. There also are security issues, both outside and inside the walls.

“It’s an inglorious mission under intense scrutiny. It’s a dangerous mission, but it’s not an optional mission,” he said.

Discussing detainee mistreatment at Abu Ghraib earlier in the war, Brig. Gen. Philip Volpe, commander of the 44th Medical Command, said the resulting scandal “set us back years in the Global War on Terrorism.”

“Soldiers have to understand strategic effects. How you go about clearing a building is more important than clearing a building,” he added.

In a session about “maintaining relevance in the contemporary operating environment,” Volpe said humanitarian missions and building relationships with local people are key objectives in current conflicts.

“This is the stuff that makes the difference. This is the stuff that you’ll never see in the newspaper or on CNN. The reason we have troops with guns over there is to provide security for the medics and the engineers doing nation building,” he commented.

Rochelle said the Army’s priorities are to win the long war, accelerate the future combat force strategy, accelerate business transformation and process improvements.

“We will achieve a steady state in (Army Force Generation) between 2008 and 2009. In the meantime we will see slightly increased turbulence. In addition to that, the enemy has a vote and that vote inserts unpredictability,” he added.

The personnel chief saluted 13 consecutive months of success meeting the Army’s recruiting missions.

Wilson explained how the Army is preparing infrastructure for transformation, repositioning of forces and Base Realignment and Closure.

“Since 9-11 the landscape has changed,” he said, describing the need for the Army to transform itself more quickly.

## Briefs cont. . . . Water conservation

Continued from Page 1

Like the city, the installation has bumped up its efforts to conserve water. The following Stage One restrictions are in effect on and off post:

- Water waste is prohibited at all times. Water waste includes allowing water to run off into a gutter, ditch or drain; or failing to repair a controllable leak.
- Reduce water consumption by any means available.
- All non-public swimming pools must have a minimum of 25 percent of the surface area covered with evaporation screens when not in use. Inflatable pool toys or floating decorations may be used.
- Hand watering with a hand-held hose, soaker hose, drip irrigation, bucket or watering can is permitted any time and any day. Washing impervious cover such as parking lots, driveways, streets or sidewalks is prohibited. Health and safety exceptions to this rule may be requested from SAWS in writing.
- Residential washing of vehicles or other equipment is allowed only on assigned watering days and times. A hose with an automatic shut-off nozzle or bucket of five gallons or less may be used. Water should not be allowed to run into the street.
- The use of commercial car wash facilities is allowed any day.
- Operators of golf courses, athletic fields and parks must submit a conservation plan to SAWS. For submittal requirements, operators should contact SAWS Conservation Department at 704-SAVE. Golf courses, athletic fields and parks may not irrigate between the hours of 10 a.m. and 8 p.m. (Note: The Fort Sam Houston Golf Course uses “re-use” water so this restriction does not apply.)
- Landscape areas on golf courses not directly “in play” are required to follow one-day-per-week watering based on address

unless otherwise instructed by SAWS. (Note: The Fort Sam Houston Golf Course uses “re-use water” so this restriction does not apply.)

- Use of fountains, waterfalls or other aesthetic water features, outdoors or indoors, is prohibited.

Additionally, at Fort Sam Houston, the use of personal swimming pools and water slides on post are prohibited while in Stage One.

Repeat violations of the installation’s drought management plan will result in lease violations and potential housing actions by Lincoln Military Housing.

Newly planted landscapes may qualify for a three-week exemption from the one-day-per-week watering rules; for more information, call the Fort Sam Houston Environmental Office at 221-4842. For more information on water conservations efforts or restrictions, call 221-5093 or visit the Lincoln Military Housing Web site at <http://www.samhoustonlpc.com> or the SAWS Web site at <http://www.saws.org>.

### Landscape Watering

On and off post, watering with an irrigation system or sprinkler is allowed only once a week before 10 a.m. or after 8 p.m. on designated watering day as determined by address:

Last digit of street	Watering day
0 or 1	Monday
2 or 3	Tuesday
4 or 5	Wednesday
6 or 7	Thursday
8 or 9	Friday
No watering on weekends	

### FSH school board meeting

The Fort Sam Houston Independent School District Board of Trustees will meet today at 11 a.m. in the Professional Development Center.

### School requires immunizations

Fort Sam Houston children will return to school Aug. 14. Texas law requires all children be immunized or they will not be allowed to enter school. Friday afternoon fast-track appointments are available Friday and Aug. 4, 11 and 18. For more information or to schedule an appointment, call the Pediatric Immunization Clinic at Brooke Army Medical Center at 916-5791.

### Back to school party

LMH will host a “Back to School Party” Aug. 8 from 2 to 4 p.m. at Salado Creek Park. Children from all villages are welcome to attend. Ice cream and back to school goodie bags with school supplies will be available to participants. For more information, call LMH at 270-7638.

### ‘Back to School’ insert

The Aug. 3 issue of the Fort Sam Houston News Leader will feature a “Back to School” insert with information for the upcoming school year.

## Post Pulse: How do you conserve water?



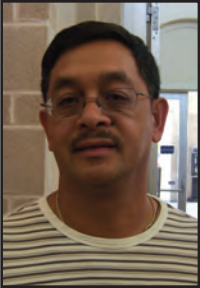
“With the possibilities of a drought occurring, I don’t leave the water running while I brush my teeth, wash dishes, etc.”  
**John Wyatt**



“I water my lawn on the designated days, follow SAWS’ rules and take shorter showers.”  
**Lisa Garcia**



“I avoid running tap water so I buy bottled water and follow the restriction rules when in effect.”  
**Joel Ryan**



“At the company I work for, we recycle about 78,000 gallons daily to conserve water.”  
**Maj. Palican Usar**

# Senior enlisted adviser visits wounded warriors

**By Norma Guerra**  
Brooke Army Medical Center Public Affairs

Command Sgt Maj. William J. Gainey, the first person appointed as the senior enlisted adviser to the chairman, Joints Chiefs of Staff, visited Brooke Army Medical Center July 18.

During his visit, Gainey had lunch with more than 30 NCOs, conducted an NCO call in a packed auditorium and toured the hospital, visiting with wounded Soldiers and their families.

As Gainey approached service members and their families, the first thing he would ask them was, “Where is home?” He asked them about home as a reminder not to forget where they come from, he said.

Gainey offered his favorite quotes to service members. One of his favorites is by Robert Frost, “Life is not a sprint, it is a marathon, you have to pace yourself ... In three words I can sum up what I have learned in life ... It goes on.”

At the end of each visit, whether in a hospital room or a clinic, Gainey presented the service member with a coin. He would tell the service member, “You are not get-

ting this coin for being injured, my sympathy rate is a zero, but my gratitude rate is a 100 plus. You are getting this coin because you are part of the 2 percent of the entire population that is protecting the 98 percent that is not in the military.”

Before Gainey left, he told each service member how honored he was to be in the presence of a true hero.

At the NCO call, Gainey shared a story with attendees. He pulled out a ball bearing from his pocket that he has carried with him since 1995.

He told the group that one day he was walking next to a mechanic shop on post when a Soldier backed out in a jeep. Gainey thought the Soldier was backing up too fast and yelled at him. At that point, he got everyone’s attention when he proceeded to let the Soldier know exactly how he felt about his driving skills.

Gainey said one of the mechanics came up to him and said, “Excuse me sir, you lost your military bearing,” and handed him a ball bearing. Gainey realized that perception is 98 percent reality. He has since carried the bearing whenever he wears his BDUs to help keep himself in check. Gainey reminded everyone in the audi-



Photo by Kelly Schaefer

Pvt. Don Martinez, Sgt. 1st Class Daniel Robles and Pfc. Joshua Stein share a laugh with Command Sgt. Maj. William J. Gainey, senior enlisted adviser to the chairman, Joints Chiefs of Staff, July 18 during his visit to Brooke Army Medical Center.

torium that, no matter the rank, everyone needs a dose of military bearing.

Gainey said the trip to BAMC was rewarding and hopes to return for the opening of the new Center for the Intrepid.

## Some Soldiers eligible for MGIB benefits transfer

**WASHINGTON** — The Army announced Friday the implementation of a pilot program allowing Soldiers in critical skills who reenlist the ability to transfer Montgomery GI Bill benefits to their spouse.

Enlisted Soldiers who have completed at least six years of service, reenlist for a minimum of four years, qualify for a Selective Reenlistment Bonus, and are entitled to a Zone B or Zone C bonus will have the option to transfer up to 18 of 36 months of their MGIB entitlement.

Soldiers can choose between a full SRB or a slightly reduced SRB plus the ability to transfer more than \$18,000 in benefits.

The fiscal 2006 basic MGIB monthly benefit for fulltime training is currently \$1,034. This benefit is also available but prorated for part-time enrollment.

Soldiers who elected the Army College Fund as an enlistment option or have enrolled and paid toward the \$600 MGIB Additional Opportunity can include their expanded benefit (MGIB,

ACF and MGIB Additional Opportunity) in the transferability program.

The Army will study the results of the program with the possibility of making it a permanent part of the Army’s reenlistment policies.

“The Army continues to focus on and provide support to Soldiers’ families because it is the right thing to do, and because we know that we recruit Soldiers, but retain families,” said Maj. Gen. Sean Byrne, director of Army Military

Personnel Management.

Education benefits are a key component of the incentive package used by the Army to attract and retain quality Soldiers. At the foundation of these benefits is the MGIB. The transferability of MGIB benefits is an additional lever being used to retain Soldiers with critical skills.

Soldiers interested in participating in the program should contact their Army retention career counselor.  
(Source: Army News Service)



# 5th Recruiting Brigade welcomes new commander



Photos by Connie E. Dickey

Col. Francis J. Caponio, Col. Dorothea I. Wallace and Maj. Gen. Thomas P. Bostick salute the flag as they troop the line of Soldiers from the U.S. Army's 5th Recruiting Brigade. The 5th Recruiting Brigade has a recruiting mission encompassing nine battalions in 11 states and stretches from Wisconsin across the Great Plains to the Rio Grande River.



Col. Francis J. Caponio passes the U.S. Army's 5th Recruiting Brigade's colors back to brigade Command Sgt. Maj. Michael Horner during the brigade's change of command ceremony July 20. Maj. Gen. Thomas P. Bostick, commander of the U.S. Army Recruiting Command, and Col. Dorothea I. Wallace, former brigade commander, witness the exchange of colors. Caponio assumed the brigade's top leadership from Wallace, as she now assumes duty as the deputy commanding general-West for the U.S. Army Recruiting Command.

## TROOP SALUTE

### 232nd Medical Battalion



**Soldier of the Week**  
**Name:** Pvt. Robert Shaffer  
**Unit:** A Company  
**Career field:** 91W, health care specialist  
**Time in service:** Six months  
**Future goals:** To attend airborne school, physician assistant school and become a commissioned officer  
**Reason for joining the Army:** To serve my country  
**Latest accomplishment:** Fastest run time in company



**Junior Leader of the Week**  
**Name:** Pvt. Elizabeth Heckman  
**Unit:** A Company  
**Career field:** 91W, health care specialist  
**Time in service:** Five months  
**Future goals:** To get my commission and become a registered nurse  
**Reason for joining the Army:** To make a difference in people's lives  
**Latest accomplishment:** Getting over a 270 on record Army Physical Fitness Test

## Army Community Service

### Financial Readiness – August Class Schedule

Class	Date	Time
Personal Financial Managemen	Aug. 3 and 8	2 to 4 p.m.
Financial Planning	Aug. 10 and 15	2 to 4 p.m.
Checkbook Maintenance	Aug. 22 and 24	2 to 4 p.m.

Personal Financial Management – Offers information on credit reports, maintaining budgets and effective savings plans.

Financial Planning – Focuses on savings, credit and establishing budgets.

Checkbook Maintenance – Geared toward personnel referred by the command for abusing and misusing check-cashing privileges; however, anyone can attend.

Classes are held in Training Room 1 at the Roadrunner Community Center, Building 2797 on Stanley Road. For more information or to register, call 221-1612.



Pictured is a Chaffee home after a major renovation converting the three-bedroom home into more spacious two bedroom.



Courtesy photo

# Lincoln Housing renovates Patch Chaffee homes

Lincoln Military Housing Development group is renovating homes in the Patch Chaffee village.

The original Patch Chaffee homes were constructed in 1931 to 1934 as two-bedroom houses in the Spanish revival style. Currently, Patch Chaffee homes are eligible for the National Register of Historic Places.

The homes are single story on broad lots with rear service lane entrances. The houses originally featured deep porches across the entire front of the home. To accommodate an interior reconfiguration to a three-bedroom, two-bath home a third of the front porch was enclosed.

The existing three-bedroom homes are too small to provide market-rate amenities. Therefore, LMH’s development plan is to convert the homes back to two-bedroom, two-bath homes. As a result of the conversion, the full front porch will be restored and a more spacious living area will be established.

Renovated historic homes will provide residents with a larger master suite, including increased space in the bathroom and closet. The second bedroom closet space will be increased, and a separate laundry area will be provided. The kitchen will open into the dining and family room, and there will be an enclosed pantry in the kitchen.

Within the village, 25 enclosed, detached garages will be built.

The village is scheduled for landscape and village park improvements in addition to the major renovation of homes.

The Army completed the development of 60 single family homes adjacent to the historic homes. The new three- and four-bedroom homes were completed in 2004. These homes will be maintained by LMH maintenance department.

Currently, three major renovations have been completed in Patch Chaffee and 11 more renovations are in the process and scheduled to be completed in the next 75 days.

Along with Patch Chaffee, homes are being renovated in Artillery Post, Infantry Post, Wheaton Graham, Gorgas Circle and Watkins Terrace.

For more information, call the Fort Sam Houston Family Housing Development Group at 226-5597 or the Residential Communities Initiative office at 221-0891.

(Source: RCI)

# Army expands childcare options for military families

By Elaine Wilson  
Fort Sam Houston Public Information Office

The Army has selected Fort Sam Houston to test a new program designed to offer military families more options for top-quality childcare.

Through the Army Child Care in Your Neighborhood program, civilian agencies recruit childcare centers and Family Child Care providers from the areas where military families work and live and train them to meet Army standards.

“Fort Sam Houston is an ideal site for a pilot program since we’re due to be heavily impacted by (Base Realignment and Closure) and there will be a higher demand for childcare,” said Rhonda DeVries, Fort Sam Houston Child and Youth Services. “The program will augment the top-quality care we already provide.”

In San Antonio, the Family Service Association of San Antonio, affiliated with the National Association of Child Care Resource and Referral Agencies, will work in collaboration with the U.S. Army to augment the Army childcare system. The partnership will ensure the care provided in off-post FCC homes and childcare centers meets stringent Army standards.

Family Service has already recruited childcare centers and FCC providers in areas surrounding Fort Sam Houston.

“Family Service Association of San Antonio is proud to be working on a project that supports both our military families and local civilian childcare programs,” said Nancy Hard, president and CEO.

All participating center-based and FCC programs will be monitored to ensure their full compliance with standards. In addition to consistency of care, Army families will be assured of childcare subsidy based on total family income and program fees.

“We continue to see an extraordinary demand for our on-post childcare services,” said M.A. Lucas, director, Army Child and Youth Services. “The Army childcare in Your Neighborhood project will help with meeting this need and extend the high quality of care Army families experience on post into the communities where they live.”

Along with San Antonio, the program will be tested at nine other locations throughout the country.

For more information, call Family Service Association at 299-2480 or Fort Sam Houston Central Registration at 221-4871 or 221-1723; e-mail dlee@family-service.org or avasquez@family-service.org; or visit www.family-service.org.

(Source: Child and Youth Services news article)



Photo by Nelia Schrum

## AUSA generosity

Inge Godfrey, manager of the Brooke Army Medical Center Fisher Houses, accepts a \$15,000 check July 20 from retired Gen. Gordon Sullivan on behalf of the Association of United States Army, for the operations at Fort Sam Houston. Sullivan, president of AUSA, toured the Fisher House greeting residents. While on active duty he served as the Army’s chief of staff. AUSA was in San Antonio for a medical symposium and exhibition, “Army Medical Department: A Globally Engaged Force.”

## Brooke Army Medical Center Health Promotions – August Class Schedule

Class	Dates	Time	Place
* Asthma Management	8, 15, 22, 29	2 to 3:30 p.m.	BAMC, Health Promotions lower level, Room L31-9V
Breast and GYN Cancer Support Group	9	9:30 a.m.	Call for location, 916-3352
Cholesterol Management	Wednesday, 16, 30 8, 22	10 to 11:30 a.m. 1 to 2:30 p.m.	BAMC Health Promotions (This class is by consult only.)
Diabetes Management	Tuesday, 7, 8, 14, 15, 21, 22		To participate, call Lila Kinser at 916-0794
Diabetes Management (Pre-Diabetes)	9, 23		To participate, call Lila Kinser at 916-0794
* Tobacco Use Cessation A	7, 14, 21	3 to 4:30 p.m.	Army Community Service, Building 2797, Stanley Road
* Tobacco Use Cessation B	Tuesday 8, 15, 22	5 to 6:30 p.m.	BAMC, fourth floor conference room, Room 413-11
* Tobacco Use Cessation C	3, 10, 17, 24	3 to 4:30 p.m.	BAMC, fourth floor conference room, Room 413-11
Weigh for Health (Weight Management)	10, 17, 24, 31	1 to 2 p.m.	For class information, call Nutrition Care at 916-7261
Weigh for Health (Weigh to Stay) Active Duty Military	Wednesday, 9	2:30 to 3:30 p.m.	For class information, call Nutrition Care at 916-7261
Yoga	Wednesday, 9, 16, 23, 30	12 to 1 p.m.	BAMC, fifth floor, Room 531-14
* To schedule these classes, call 916-9900, option No. 4. For more information, call 916-3352.			



# Beware of summer heat

By Sgt. Jerry Anguiano  
Department of Preventive Medicine

**William Beaumont Army Medical Center, Texas** —With temperatures reaching 110 degrees Fahrenheit at some posts, heat is always a threat to the Soldiers and family members engaged in summertime activities.

Studies have shown that the number of heat injuries has declined since 1987. The “high-risk” units are the training schools, mainly because of the transitional status from the comfort of civilian life to initial entry training in the military.

Other people at risk are newly assigned Soldiers to units coming from a more temperate climate.

There are a few basic precautions Soldiers and family members can do to reduce the potential for heat injury.

**Drink water.** Consume enough water to maintain the body’s cooling mechanism. Heat injuries are the body’s reaction to excessive loss of fluids. Drink water the evening before major events involving strenuous exercises. Check with local preventive medicine officials for the latest guidance on water consumption and drink water throughout the day based on that guidance.

Avoid diuretics such as alcohol and caffeine. Supplements containing creatine and ephedra may also increase the risk of heat injury.

Know the symptoms associated with heat injuries. Many of these symptoms overlap among different injuries, and it is very easy to go from one injury to another if precautions are not implemented.

**Sunburn** is a reddening of the skin with pain on movement or touch. In some cases blisters may appear. Sunburns typically prevent the body’s cooling mechanism from working properly due to the damaged skin.

**Heat cramps** are muscle cramps in the extremities and abdomen, accompanied by excessive sweating and thirst.

**Heat exhaustion’s** usual symptoms are excessive sweating, cool clammy skin, headache, dizziness, weakness and loss of appetite. However, heat cramps, nausea, urge to defecate, chills, rapid breathing, tingling in the hands and feet or confusion are also symptoms the body can experience.

**Heat stroke** is a medical emergency. The symptoms are hot and dry skin, weakness, dizziness, confusion, headaches, seizures, nausea, breathing problems and loss of consciousness.

Sunburn can be treated by covering the body part and applying cold compresses or lotions.

When heat cramps occur move the casualty to the shade, loosen clothing and provide at least one quart of cool water. Keep an eye on the casualty and provide more water if he or she will drink it. Seek medical aid if symptoms continue.

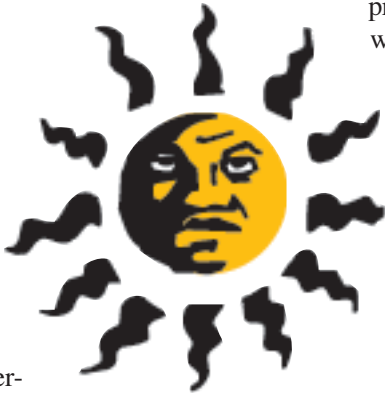
Heat exhaustion is the same as above, except it might be necessary to pour water over the casualty and fan to cool, elevate the casualty’s legs, and monitor until the symptoms go away or medical help arrives.

Heat stroke is a medical emergency, which requires the same first aid as heat exhaustion; use until help arrives. Also, massage the extremities and have the casualty drink water if conscious. Get medical attention as soon as possible, the sooner the better.

Monitor the Wet Bulb Globe Temperature heat index and use work-rest cycles. Remember that body armor or MOPP gear adds 10 degrees to the WBGT heat index. Soldiers should drink sufficient water in accordance with heat category. Do not force someone to drink water, especially if vomiting. Soldiers have died due to over-consumption of water, causing an imbalance in electrolytes in the body. Drinking water must be monitored closely based on the latest guidance.

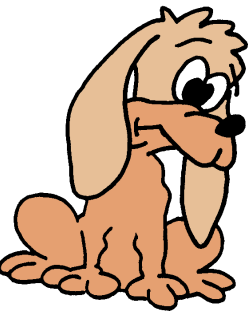
Acclimatization is the ability of the body to undergo physiological adaptations so that the Soldier is able to cope better with the environmental and physiological heat stress. Newly enlisted Soldiers are generally not acclimatized adequately to heat. As a result, Soldiers in their first six months of training are at higher risk of heat injuries. Heat acclimatization increases sweating by 50 to 100 percent and this enhances the evaporative cooling capacity of the body. Increased sweating, however, can lead to dehydration. Soldiers can adapt to heat, but not to dehydration. Physically fit Soldiers acclimatize more rapidly than the less fit.

For more information, call the Department of Preventive Medicine’s Environmental Health Service at 295-2609.





# Tiny fleas create big problems for pet owners



A pet’s itchiness can be due to irritation and allergy, but can also be caused by flea bites. Many pet owners mistakenly associate fleas with poor pet hygiene and assume fleas are not the source of the problem, but even the cleanest pet can suffer flea bites and flea allergies.

Some owners may never see a flea on their pet, but cats and dogs groom themselves well and can remove the fleas before anybody sees them. It only takes a single flea to cause an allergic reaction, so a pet doesn’t need to be

infested with fleas to have itchy, red skin.

If a pet develops an allergy to flea saliva, a single bite can cause irritation that can affect a large area of skin. Some people believe that if their pet stays in the yard or indoors, the pet cannot get fleas. On the contrary, flea larvae can live in the backyard grass and any life stage can hitch a ride indoors on the shoes, socks or clothing of family members.

The flea goes through several stages during its life series. First it is an egg laid by an adult female flea. It then develops into flea larvae which are legless, but still mobile. These larvae feed on anything organic but mostly “flea dirt,” which is flea feces. Since larvae don’t like light, they will burrow deep in carpeting and cracks in floorboards where even the most obsessive vacuuming and cleaning cannot reach. There they become pupae and are encapsulated in tough cocoons, which are highly resistant to parasiticides. The adult flea emerges about eight or nine days later.

Flea allergies can be diagnosed with a physical examination by the veterinarian or technician. To reduce itching and inflammation, a veterinarian may prescribe an anti-itch or anti-inflammatory medication. These solutions can become expensive, so using a preventative can save a lot of time and trouble.

Additionally, pet owners can use simple prevention strategies: cutting grass short will provide less dark space for light-sensitive larvae to hide in and keeping the yard clean of organic debris provides less food for their survival. Since flea larvae cannot survive in dry environments, a dehumidifier can help control fleas indoors. Washing pet’s bedding regularly is also recommended.

For more information or to treat a flea problem, contact a local veterinarian or call the Fort Sam Houston Veterinary Treatment Facility at 295-4260 or 295-4265.

(Source: Fort Sam Houston Veterinary Treatment Facility)

## ***Veterinary services***

The treatment facility at the Fort Sam Houston Veterinary Clinic provides physical examinations and vaccinations for privately owned animals. Walk-ins are accepted for pet registration and micro-chip services. Emergency treatment for chronic conditions and surgical services are available by appointment. Sick animal clinics are held Monday through Wednesday from 8:30 a.m. to 3 p.m., Thursdays from 1 to 3 p.m. and Fridays from 8:30 to 11:30 a.m. For more information or to schedule an appointment, call 295-4260 or 295-4265.



# Soldier medics show talent at karaoke challenge

By Ben Paniagua  
Hacienda Recreation Center

About 100 Soldier Medics from the 32nd Medical Brigade cheered on their fellow Soldiers at the Hacienda Karaoke Challenge July 20 at the Hacienda Recreation Center.

Music selections included country, pop, rap, jazz, and rhythm and blues. The excitement and electricity on the stage excited the audience and some Soldiers line danced in the aisles to the music.

The winner of the Hacienda Karaoke Challenge, Pvt. Eric J. Macfarlane, of B Company, 232nd Medical Battalion, received a \$100 Army and Air Force Exchange Service gift certificate. His soul-searching rendition of “A Simple Man” wowed the audience and the judges alike.

“It was fun. I got up at the last minute and just wanted to sing,” Macfarlane said. “I didn’t care that much about the prize or winning, I just wanted to sing. I love it,” he said.

Coming in second place was Pfc. Casey Keltner, of B Company, 232nd Medical Battalion. His winning song was the Randy Travis hit “Forever and Ever, Amen.” He sang it a cappella. “I like karaoke and like to sing, whether to win or not. I just love singing,” Keltner said.

Pvt. Christina Martin, of B Company, 232nd



Photo by Kelly Jones

Pvt. William Callas, of A Company, 232nd Medical Battalion, sang his rendition of “May Way” at the Hacienda Karaoke Challenge July 20. Soldiers had the opportunity to showcase their vocal skills while the audience enjoyed the talent and encouraged the participants.

Medical Battalion, came in third place with her gut-wrenching rendition of “I Will Survive.”

“I really had a lot of fun” said Martin. “It was a good opportunity to sing in front of people and have a good time with friends. I hope to do it again soon.”

The program was sponsored by AAFES, Balfour Rings and the MILES Program.



SPORTS BRIEFS . . .

Post-season softball champions

The 264th Medical Battalion won the 2006 Intramural Spring Softball League and Post Season Championships held July 10 to 17. The 264th Med. Bn. had a 15 to 3 record in the regular season, beating U.S. Army South for the league championship. In the post-season championship, the 264th Med. Bn. went undefeated. In the final game, both teams started out slow with the 264th taking a 6 to 0 lead until USARSO mounted a comeback cutting the lead to 6 to 4. In the next three innings, the 264th unloaded to take a 17 to 5 lead going into USARSO’s last at bat for a final score of 17 to 8, thus claiming another championship. An awards ceremony followed the conclusion of the game.

Intramural Golf League champions

The Great Plains Regional Medical Center won the 2006 Intramural Golf League Championship. GPRMC led throughout most the season only losing first place for about three weeks in the season. The biggest comeback was made by the 264th Medical Battalion, which started the first couple of weeks of the season in last place but finished in second place. The league started with 17 teams and ended with 15 teams committed to playing.

5K run or walk

The Jimmy Brought Fitness Center will host a 5K run or walk Aug. 5. For more information, call Lucian Kimble at 221-2020.

Post soccer team tryouts

Tryouts for coach and player positions on the post soccer team will be held Aug. 14 through 18 at 6:30 p.m. daily at Leadership Field. Resumes or letters of intent for coach positions are due Aug. 7. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural fall softball

Intramural fall softball for men, women and co-ed teams begins Aug. 14. Letters of intent are due Tuesday. A coaches and rules meeting will be held Aug. 4 at 1 p.m. at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural flag football

The intramural flag football season begins Aug. 21. Letters of intent are due Tuesday. A coaches and rules meeting will be held Aug. 7 at 1 p.m. at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Post flag football team tryouts

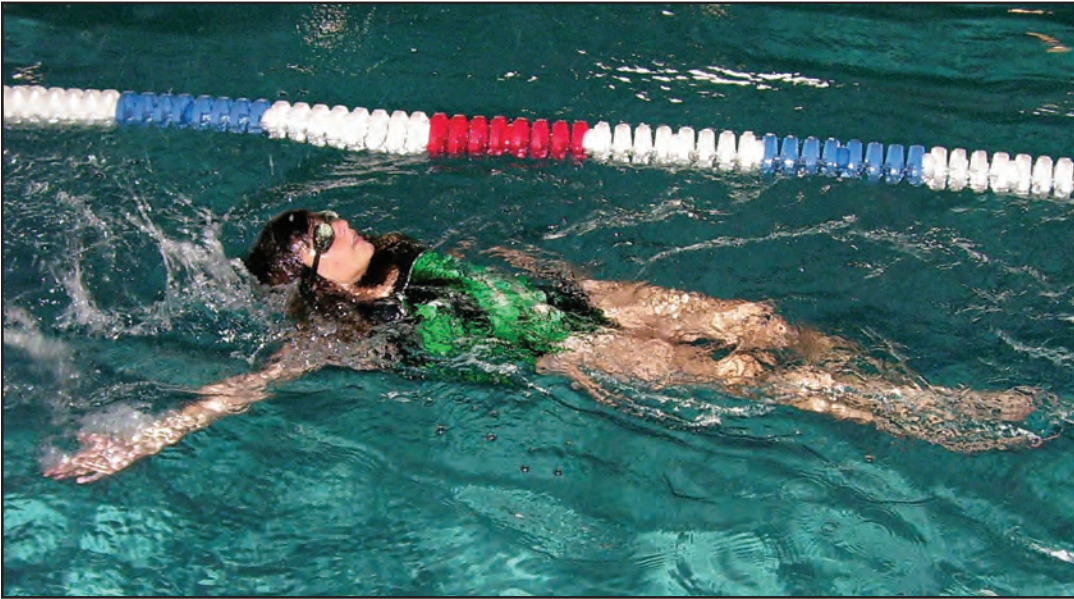
Tryouts for coach and player positions on the post flag football team will be held Aug. 7 through 11 at 6 p.m. at Leadership Field. Resumes or letters of intent for coach positions are due Tuesday. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Instructors needed

The Jimmy Brought Fitness Center seeks instructors for pilates and yoga classes. For more information, call Lucian Kimble at 221-2020.

Boxers, coaches needed

The Jimmy Brought Fitness Center seeks individuals interested in participating as boxers and coaches in Boxing at the Brought III. The event will be held in October. Boxers and coaches must be registered with USA Boxing and training 30 days prior to the event. Pre-registration and pairing of boxers will begin Sept. 28. For more information on USA Boxing registration and Boxing at the Brought III, call the Morale, Welfare and Recreation Sports Branch Boxing Club at 221-1532 or 221-1342 or e-mail douglas.stanley@samhouston.army.mil or john.m.rodriguez1@samhouston.army.mil.



Photos by Sonja Bruce

Wave of success

Eight-year-old Kelly Ahearne backstrokes at the indoor pool at the Jimmy Brought Fitness Center during swim practice. Ahearne, a member of the Fort Sam Houston Swim Team, qualified for the state championship meet in the 25 meter freestyle and freestyle relay. Nineteen of the 31 swimmers on the team qualified for the city championship meet, and 11 qualified for the state championship meet, which will be held next weekend. “It’s fun to be on the team; I like to hang out with my friends,” said 6-year-old Grayson Bruce, one of the swimmers gearing up for the state meet.

Members of the Fort Sam Houston Swim Team pose for a picture before a swim meet. The team, part of the San Antonio Parks and Recreation League, Region 15, comprises 31 swimmers ranging from 6 to 17 years old. For more information or to join the year-round team, call Ignacio Flores, team coach, at 683-0449.





# Schools announce registration dates

## Fort Sam Houston Elementary

Registration for new students attending Fort Sam Houston Elementary will be held today and Friday from 8:30 to 11 a.m. and from 1 to 3:30 p.m. in the school cafeteria.

Parents should bring a certificate of immunization, copy of birth certificate, Social Security card for the student, report card from previous school and other school records from previous school.

Children must be 4 years old on or before Sept. 1 to enroll in pre-kindergarten, 5 years old on or before Sept. 1 to enroll in kindergarten and 6 years old on or before Sept. 1 to enroll in first grade.

According to a new state law, all pre-kindergarten-aged children of active duty military personnel are eligible for pre-kindergarten. There are no longer any language or income requirements. Fort Sam Houston Independent School District will only accept students who reside on the installation or will move into housing within the 2006-2007 school year. Parents must bring proof of on-post residency or a school letter from Lincoln Military Housing, their driver's license and their child's immunization record, Social Security card and birth certificate.

Students may meet their teachers for the new school year Aug. 11 from 3 to 4 p.m. An open house will be held Aug. 17 and 22 at 6 p.m. at the elementary school.

## Robert G. Cole Jr./Sr. High School

Robert G. Cole Jr./Sr. High School will register new students on the following dates:

- Tuesday – seventh and 10th grades
- Wednesday – eighth and 11th grades
- Aug. 3 – ninth and 12th grades
- Aug. 4 – All grade levels
- Aug. 7 – All grade levels

To better serve parents and stu-

dents, registration will be conducted by a counselor on an appointment basis. Appointments can be made by calling Jane Morin at 368-8734 or Robin Meilinger at 368-8775.

Parents should bring the following materials to their student's appointment to complete the registration process: immunization records, student's Social Security card, last report card and school records from the last school attended.

The application for admission and enrollment forms are official government records. It is a crime to provide false information of any kind or false records for identification. School officials may ask parents or another adult enrolling a student to provide evidence that they are residents of the school district.

Students who attended Robert G. Cole Jr./Sr. High School in 2005-2006 do not need to register, unless the student was withdrawn at the end of May by his parents or the parents have not been assigned quarters as of Aug.15. Students who were enrolled at the elementary (sixth grade only) during the 2005-2006 school year have been pre-registered.

"New Kids Camp" for grades seven to 12 will be held Aug. 8 from 9:30 a.m. to 1:30 p.m. in the Mall/Moseley Gym. Orientation for seventh and eighth grade students and new high school students will be held Aug. 10 at 6:30 p.m. New high school students will meet in the Cole Cafeteria; seventh and eighth grade students will meet in the Moseley Gym.

To help students prepare for the first day of school, Cole Jr./Sr. High School will sponsor its second "Cougar Roundup" Aug. 11. At the "Cougar Roundup," students will be able to obtain copies of their schedules, required textbooks and textbook covers, and locker assignments.

(Source: Fort Sam Houston ISD)

### School board members needed

The Fort Sam Houston Independent School District is accepting nominations for its five-member board of trustees. Board members are nominated by the garrison commander and appointed by the State Board of Education. Military personnel, their spouses and post civilian employees may serve. For more information, call Brenda Berry at 295-4806 or Keith Toney at 221-9613.



# Summertime

Story and photos by Cheryl Harrison  
Fort Sam Houston Public Information Office

When children return to school, they often are assigned to write the inevitable story of “what I did on my summer vacation.” For some, this is a report with simple sentences describing family road trips, reunions, swimming and, of course, sleeping late and watching television.

For some Fort Sam Houston students, when given this essay assignment, their stories might tell a different story. These kids were a part of an activity-packed summer camp program offered through the Fort Sam Houston Child and Youth Services and Youth Center.

Each year, CYS offers children from age 6 to high school teens a summer camp program. The camp offers a safe environment for kids to play or participate in activities such as bowling, swimming, skating and cooking. Basketball camps, swim lessons and computer labs are also part of the daily activities.

The stories submitted to teachers this year might tell about taking field trips to Splashtown, learning to create stories in a PowerPoint presentation during computer tech lab or preparing a full Greek meal at the youth center.

Another opportunity offered was swim lessons. To relieve parents of the task of picking up and dropping off at the post outdoor Aquatic Center for swim lessons, kids were transported by bus to the pool and afterward returned to the

CYS for lunch and more activities. Kathy Hutley, director for the CYS, said, “We have about 150 children registered this year. The youngest child is 6 years old and the oldest we have is 10 years old.”

When asked what he thought of the CYS summer camp, Maj. Tom Porter said, “It is a very clean, professional and safe place. I feel secure about leaving my daughter here.”

At the youth center in Building 1630, in the computer tech lab, a few middle school kids have only positive comments about their summer camp experiences.

Asheli Ball, 12, said, “We get to go work on computers and do stuff I never did before.”

Jessica Brightsen, 13, had a sales pitch on the positive aspects of her summer camp experience. “You’re not being lazy at home, being bored. Every day of the whole week, we learn something and then show off our work,” she said.

As the lazy days of summer wind down, and children prepare to return to the formal classroom, the kids from summer camp will go back to school alert, energetic and refreshed. True, they may hate to see their vacation time end, but it won’t be because they want to sleep in, watch more television or better their video game scores. Many will miss the fun time they had at the CYS summer camp.

For more information about the programs offered throughout the year for children, call Youth Services at 221-3502 or 221-4871.



Anne Louise Porter, 5 years old, and Micah Henderson, 8 years old, play at the pool in the Dodd Field area, is reserved for School Age Services Monday through Friday.



Alyssa Birgel, age 7, works on her backstroke during swim lessons at the outdoor Aquatic Center. The summer camp program provides transportation to and from the Child and Youth Services facility for children enrolled in swim lessons.



(Right) Participating in the computer tech lab, Jessica Brightsen, 13, gives a PowerPoint presentation of her own version of “The Nightmare Before Christmas.”



# . living is easy



play with the nozzle at the Splash Pad. The Splash Pad, a sprinkler park located in the Friday from 1 to 4 p.m. The Splash Pad is one of many locations for summer camp fun.

(Left) The youth center cooking class prepares a full Greek meal for a lunch-time treat. Janiece Judkins (from left), age 13, cuts potatoes for a chicken and potato dish, as 11-year-old Sarah Milliner helps. Taren McDaniel, age 11, did not seem to mind his task of picking seeds out of the freshly squeezed lemon juice. The Greek meal included a Greek and Italian chopped salad, Greek salad pita sandwiches, Greek chicken and potatoes, and sesame twists for dessert.



displays a Christmas.”



Three giggling girls take a turn on a tire swing. (From left) Brittany Copeland, Breanna Mouton and Mykaylah Larry enjoy themselves as they spin around in circles.



Playground time is always fun, especially for a smiling 5-year-old, Alana Zarreilo (left). She likes “hanging” around with her friend Alexis Aislinn on the playground at the Child and Youth Services facility.



POST WORSHIP SCHEDULE

<b>Main Post Chapel</b> , Building 2200, 221-2754 <b>Catholic Services:</b> 4:45 to 5:15 p.m. - Confessions - Saturdays 5:30 p.m. - Mass - Saturdays 9:30 a.m. - Mass - Sundays 11:30 a.m. - Mass - weekdays <b>Protestant Services:</b> Sundays: 8 a.m. - Traditional Protestant 11 a.m. - Traditional Protestant <b>Jewish Services:</b> 379-8666 or 493-6660 8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat	<b>Protestant Services:</b> 10 a.m. - Worship Service - Sundays 12 p.m. - Worship - Wednesdays  <b>AMEDD Regimental Chapel</b> , Building 1398, 221-4362 <b>Troop Catholic Mass:</b> 11 a.m. - 32nd Med. Bde. Soldiers - Sundays <b>Troop Protestant Gospel Service:</b> 9:45 a.m. - 32nd Med. Bde. Soldiers - Sundays <b>Troop Protestant Service:</b> 8:30 a.m. - 32nd Med. Bde. Soldiers - Sundays
<b>Dodd Field Chapel</b> , Building 1721, 221-5010 or 221-5432 <b>Catholic Service:</b> 12:30 p.m. - Mass - Sundays <b>Protestant Services:</b> 10:30 a.m. - Collective Gospel Protestant - Sundays 9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, child care is provided. <b>Samoan Protestant Service:</b> 8:30 a.m. - Sundays	<b>FSH Mosque</b> , Building 607A, 221-5005 or 221-5007 10:30 a.m. - Children’s Religious Education - Sundays 1:30 p.m. - Jumma - Fridays 7:30 p.m. - Adult Religious Education - Thursdays  <b>Evans Auditorium</b> , 221-5005 or 221-5007 <b>Mormon Services:</b> 9:30 to 11:30 a.m. - Sundays
<b>Brooke Army Medical Center Chapel</b> , Building 3600, 916-1105 <b>Catholic Services:</b> 8:30 a.m. - Mass - Sundays 11 a.m. - Mass - Sundays 11 a.m. - Mass - weekdays	<b>Installation Chaplain’s Office</b> , Building 2530, 295-2096 <b>Contemporary Service:</b> 11:01 a.m. - Sundays  <b>Web site:</b> <b>www.samhouston.army.mil/chaplain</b>

RELIGIOUS HAPPENINGS . . .

*Vacation Bible School Fiesta*

Vacation Bible School will be held Aug. 7 through 11 from 6 to 8:30 p.m. at the Dodd Field chapel. The VBS theme is Fiesta and will provide fun, memorable, scripture-based activities for children of all ages. Each day children will sing songs, play teamwork-building games, take on a daily challenge to celebrate Jesus’ love, experience interactive Bible adventures, collect Bible memory buddies and people of faith cards, and create fun crafts to take home. The children will also participate in a hands-on project that will show Jesus’ love to others. VBS Fiesta is an exciting way for children to learn more about their faith. Each day concludes at Fiesta Finale, a send-off that celebrates the day. Family members and friends are welcome to participate daily for an experience of fun and faith this summer. To volunteer or to register, call Brian Merry at 221-5006 or e-mail [brian.merry@samhouston.army.mil](mailto:brian.merry@samhouston.army.mil).

*Guitarist needed*

The Army Medical Department Center and School Regimental Chapel is looking for a guitar player for the Protestant Sunday service. For more information, call 221-4362 or fax 221-3103.

*Bible study break*

The Sunday afternoon Officers’ Christian Fellowship Bible study will not be held during the summer. A Bible study will begin in September with full details to be publicized at a later date. For more information, call Lt. Col. Bob Griffith at 385-8451 or e-mail [robert.griffith1@amedd.army.mil](mailto:robert.griffith1@amedd.army.mil).

*Chapel youth group*

The Fort Sam Houston chapel youth group starts today with a new school year kick-off program. For more information, call Joanne Benson at 599-0157 or [joeyntx@satx.rr.com](mailto:joeyntx@satx.rr.com).

2006 Combat Medic Fest

The 2006 Combat Medic Fest will be held Oct. 21 from 7:15 a.m. to 6 p.m. at the MacArthur Parade Field. The Combat Medic Run will kick off the day-long festivities and include a 5K, 10K and 10 meter run or walk. Other activities includes a parade, arts and crafts fair, live entertainment, games, contests and children’s activities. For the first time, the festival will include a barbecue cook-off, “Funniest Soldier on Post” competition and a dance contest. Additionally, the Directorate of Morale, Welfare and Recreation is seeking food and arts and crafts vendors and participants to enter into the parade and barbecue cook-off. To register as an arts and crafts or food vendor, call 221-5225. To participate in the “Funniest Soldier on Post” contest, call John Rodriguez at 221-1234. For more information on event activities, call 221-3003.

COMMUNITY RECREATION

Post garage sale

The next post garage sale will be held Aug. 5 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register by calling 221-2601 or 221-2523. A valid Department of Defense ID card is required to participate. Participants must bring their own tables or may rent them from the Outdoor Equipment Center by calling 221-5224.

Children’s music, sing-along time

Children 2 to 5 years old can have fun singing popular kids’ songs with Owen Duggan, a local singer, songwriter and musician, at the children’s music and sing-along time at the Fort Sam Houston Library Saturday from 11 a.m. to 12 p.m. For more information, call 221-4702 or 221-4387.

Fort Sam Houston 10-miler #2

The date for the Fort Sam Houston 10-Miler #2 has been changed to Aug. 13 at 7:30 a.m. at the Brigade Gym. To pre-register, visit <http://www.runawayclub.com/>. For more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

Aerobathon

Two hours of nonstop aerobics will be held Aug. 15 from 5 to 7 p.m. at the Jimmy Brought Fitness Center. Registration fee is \$10. For more information or to register, call Lucian Kimble at 221-2020 or 221-1234.

Family camping weekend

Experience a weekend of family camping Aug. 11 to 13 at the Fort Sam Houston RV

Park. The weekend getaway gives military families an understanding of recreational vehicle camping whether they stay for the entire weekend or just a few hours. Demonstrations, activities, crafts, games and a bouncy castle will be available Friday evening to Sunday morning at no charge to participants. Cost for self-service camping option is \$16 per night if patrons use their own RV or \$8 per night if patrons bring and sleep in their own tent. Cost for full-service camping option is \$100 for the weekend if patrons stay in one of the RV park’s 22-foot Mallard travel trailers (limited number available). Make reservations for the family camping weekend by signing up at the RV park at 3820 W.W. White Road or call 221-5502. Register by Aug. 4. Well-behaved dogs are welcome. This event is sponsored by the Fort Sam Houston Outdoor Recreation Center and Texas Fiesta Campers.

Special on barbecue grills, smokers

Through Aug. 31, barbecue grills and smokers rented at the Outdoor Recreation Center will include any size ice chest (50 to 150 quart size) and two 10-pound bags of ice at no extra charge. Rental fee for grills and smokers is \$15 per day or \$23 per weekend. They require a two-inch ball hitch and four-way flat light hookup. Outdoor Recreation has a large inventory of outdoor toys and tools available at low rates. For more information or to reserve a grill or smoker, call 221-5225 or 221-5224.

AC service

Air conditioning service is available at the Fort Sam Houston Auto Craft Center. The Auto Craft Center has a certified ac technician on staff with 30 years of experience. The cost is \$30 for ac service. Freon, oil and environmental fees are extra. Pick up a coupon for \$5 off ac service from various MWR facilities or from the Auto Craft Shop’s Web page at [www.portsamhouston-mwr.com](http://www.portsamhouston-mwr.com). Appointments are not needed. For more information, call 221-3962.

Outdoor pool open

The Aquatic Center is open daily from 12 to 8 p.m. Due to budget constraints, a \$2 admission charge is now required for patrons 13 years old and older. For more information or to reserve the facility for a unit or private function, call 221-4887 or 221-1234.

DINING AND ENTERTAINMENT

Sam Houston Club, 224-2721

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m.

The next brunch will be held Aug. 6 and will feature a kids’ meal station, chocolate fondue station, complimentary champagne and international food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Big Bucks Bingo

Big Bucks Bingo will be held Aug. 5 with a guaranteed pool of \$10,300 prize money. Early bird start is 10:30 a.m. Buy packs early to be eligible for door prizes. For more information, call 224-2721.

Club membership benefits

Become a member of the Sam Houston Club and receive special benefits such as the first month of membership is free. Members also receive a benefits card that gives them the chance to get free items such as Sunday brunch, weekday lunch, bowling games, a bingo package and dinner theater show from various MWR activities. Club members can select one of the complimentary services after utilizing or participating in ten paid activities at the Sam Houston Club. For more information, call the Sam Houston Club at 224-2721.

Bowling Center, 221-3683

New bumpers and gutters

Bumpers and gutters are now installed at the bowling center. Now bowling novices can enjoy playing alongside experienced bowlers and not be intimidated. Bumpers can retract depending on each player’s level of experience and have flashing lights that glow in the dark. It is the perfect addition to bowling parties for kids. For more information, call 221-3683.

Family-fun bowling every Friday night

Bring the whole family out to bowl on Friday nights this summer. The Family Rent-A-Lane special is every Friday from 5 to 8:45 p.m. through Sept.1 at the bowling center. Cost is \$20 per lane which includes unlimited bowling and shoe rentals. The offer is available to groups up to eight people. Smaller groups and individual bowlers can still enjoy \$5.95 unlimited bowling nights every Friday from 9 p.m. to 12 a.m. For more information, call 221-3683.

Bowl-a-Jam

Bowl to the sounds of great music. Bowl-A-Jam is every Saturday from 7 to 10 p.m. at the bowling center. The cost is \$8 and includes shoes and one order of fries per lane. For more information, call 221-3683.

Golf Club, 221-4388

Warriors Monthly Scramble

Register up to four players to participate in the Warriors

Monthly Scramble Wednesday. The scramble is held the first Wednesday of each month at the Golf Club. Shotgun start time is at 1:30 p.m. Entry fee is \$20 per person and includes cart rental, prizes and social following scramble. Participants must be in an authorized pass or leave status. Register at the Golf Club’s Pro Shop, or for more information, call 222-9386.

Re-use watering on Salado course

Due to the renovation project, the Golf Club will water the greens and tees on the Salado course from 6 a.m. to 8 p.m. daily. This phase of the project is expected to continue through October, which is the growth season. Reused water will be used to hydrate the greens and tees in accordance with the Water Use Reduction Program and Phase One Conservation Plan. Watering the landscape is essential at this time of year to promote the natural growth of grass on the course. For more information, call the Golf Course at 221-5863.

Junior golf lessons

Junior golf lessons are scheduled for every Saturday from 9 to 10 a.m. at the Golf Course. Junior lessons are available for youth 7 to 16 years old of any level of experience. The cost is \$7. For more information or to register, call 355-5429.

Ladies golf clinic

A ladies golf clinic for beginners will be held Friday from 6 to 7 p.m. The cost is \$120. For more information or to register, call 355-5429.

Harlequin Dinner Theatre

The latest Neil Simon comedy, “London Suite,” will play at the Harlequin Dinner Theatre through Aug. 19. Performance tickets are \$23.95 Wednesdays and Thursdays and \$26.95 Fridays and Saturdays. Military discounts are available. For more information or to make reservations, call 222-9694.

MWR ticket office

Tickets for the San Antonio Speedway are on sale at the MWR ticket office. The cost is \$6 per person. Racing season ends Oct. 21. The ticket office is open through August with extended hours Tuesday through Friday from 10 a.m. to 5 p.m. and Saturdays from 10 a.m. to 2 p.m. For more information, call 226-1663 or 224-2721.

Seeking Military Idol performers

The 2006 Military Idol competition will be held at Fort Sam Houston soon. All levels of talent are welcome. This is an Army-wide competition. Soldiers interested in participating can call Ben Paniagua at 224-7250.

CHILD AND YOUTH SERVICES

Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. Central Registration takes walk-ins and appointments. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician’s signature affixed, child’s Social Security number and proof of total family income, such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Summer camp registration

Summer Camp registration for middle and high school teens, grades six through 12, is ongoing at the

Roadrunner Community Center, Central Registration, Building 2797. Registration is required for camps even if currently using the program. A one-week, non-refundable deposit will be required. A current Child and Youth Services membership is required to participate. For membership registration, parents must bring a current leave and earnings statement or pay stub, names of two local emergency designees and an \$18 registration fee. For more information, call Central Registration at 221-4871 or 221-1723.

Before and after school registration

Register youth for the before and after school program for middle school and open recreation. Participants must have a Child and Youth Services membership. To register for membership, patrons will need to provide a leave and earnings statement or pay stub, two local emergency designees, \$18 registration fee and youth’s Social Security number.

Football, flag football, cheerleading registration

Central Registration is currently accepting registration for football, flag football and cheerleading for youth ages 5 to 12 years old. Tackle football (ages 7 to 12) is \$60, flag football (ages 5 to 6) is \$45 and cheerleading (ages 5

to 12) is \$50. Participants must have a Child and Youth Services membership. To register for membership, patrons will need to provide a leave and earnings statement or pay stub, names of two local emergency designees, \$18 registration fee and a sport fee, current shot records for kindergarten to fifth grades and a sport physical within the last year, and child’s Social Security number.

Coaches needed for soccer, football, cheerleading

The Child and Youth Services Sports Program is recruiting volunteer coaches for soccer, football and cheerleading. All volunteer coaches are required to undergo a background check. For volunteer information, call Central Registration at 221-4871 or 221-1723. For more information, call 221-4882 or 221-3502.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Aug. 15 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Family Advocacy will provide a workshop on child abuse awareness. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff and learn of upcoming events and parent education opportunities.



Events

BET Comedy Show

The BET Comedy Show will be held at Mitchell Hall, Lackland Air Force Base, Texas, Friday at 8 p.m. Tickets are \$10 for club members and \$15 for non-members and are available at the Gateway Club. The show will feature Honest John, one of the hottest comedians on stage. Also featured will be White Chocolate and his hip-hop style of comedy, and Lil’ John who will bring a new style of comedy to the stage. For more information, call 645-7034.

Americans with Disabilities’

The annual celebration of “Americans with Disabilities” will be held Friday at 10 a.m. in La Villita Assembly Building, 401 Villita St. Mikail Davenport will be the featured speaker. The celebration is sponsored by San Antonio Independent Living Services and commemorates the signing of the Americans with Disabilities Act by former President George Bush in 1990. There will also be an ADA picnic Saturday at 10 a.m. at the San Antonio Lighthouse for the Blind, 2305 Roosevelt Ave. For more information, call Marisa Ortiz-Renter at 281-1878 or e-mail mortiz@sailstx.org.

Force Health Protection Conference

The U.S. Army Center for Health Promotion and Preventive Medicine will sponsor the ninth annual Force Health Protection Conference Aug. 8 through 11 in Albuquerque, N.M. Workshops will be held Aug. 6 and 7. For more information and registration, visit <http://chppm-www.apgea.army.mil/fhp/>.

20th annual GrapeFest

The 20th annual GrapeFest, the largest wine festival in the southwest, will take place in the historic Main Street district at Grapevine, Texas, Sept. 7, 8, 9 and 10. Wine lovers and connoisseurs from across the nation will sample award-winning Texas wines. For more information, call 817-410-3185 or visit [www.grapevinetexasusa.com](http://www.grapevinetexasusa.com).

Meetings

Warrant Officer Association meeting

The U.S. Warrant Officer Association, Lone Star Chapter meets the third Wednesday of the month at the VFW 8541 located at 2222 Austin Highway, San Antonio. WOA is open to active duty and retired service members of all ranks. For more information, call Suzan Farrell at 221-6532 or 378-0422.

547th Engineer Battalion reunion

The 547th Engineer Battalion Association reunion will be held Aug. 10 through 13 in the Sheraton Indianapolis Hotel and Suites, 8787 Keystone Crossing, Indianapolis. For more information, call Spencer Tunstall at 609-877-3783.

BAMC chess club

The Brooke Army Medical Center chess club meets Wednesdays from 5 to 7:30 p.m. in the BAMC Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 513-3435 or e-mail [michael.veri@cen.amedd.army.mil](mailto:michael.veri@cen.amedd.army.mil).

Seamless Transition Program

The Seamless Transition Program is a collaboration between the Department of Defense and the Department of Veterans Affairs to ensure continuity and improved coordination of health care and benefits for seriously disabled service members returning from theaters of combat operations. Seriously disabled service members or their families may be entitled to VA benefits while on active duty and can receive case-managed care of their issues. For more

information, visit Brooke Army Medical Center, Room 513-7 or call 916-7897.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Micaela Reyes at 221-8947.

Training

Green to Gold briefings

Fort Sam Houston’s Education Center will sponsor Green to Gold briefings for Soldiers interested in the ROTC program. Briefings are Aug. 23 and Sept. 20 from 9 to 11 a.m. and 1 to 3 p.m. in the Army Learning Center, Building 2247, Stanley and New Braunfels roads. The ROTC cadre from a San Antonio local university and the 12th ROTC Brigade will be available to answer questions.

PIE’ day of training

The Alamo Federal Executive Board will host the first annual “Partners In Equality,” a special emphasis program one-day seminar Aug. 31 from 8 a.m. to 4:30 p.m. at the Norris Conference Center in the Crossroads Mall at Loop 410 and Fredericksburg Road. The seminar is targeted for managers, supervisors and line staff, military and civilians. The cost is \$35 per person; deadline to register is Aug. 23. For more information, call 616-8153 or e-mail [carol.branchard@med.va.gov](mailto:carol.branchard@med.va.gov).

Funded Legal Education Program

The Office of the Judge Advocate General is now accepting applications for the Army’s Funded Legal Education Program. Under this program, the Army sends up to 15 active duty commissioned officers to law school at the government’s expense. Selected officers will attend law school beginning in the fall of 2007 and remain on active duty while attending law school. The program is open to commissioned officers in the ranks of second lieutenant through captain. Applicants must have at least two, but not more than six years of total active federal service at the time legal training begins. For more information, officers should contact their local Staff Judge Advocate; on post, call 221-2777.

Health career scholarships available

The United Health and PacifiCare Foundations’ African American Scholars Program offers 30 \$2,000 scholarships to African-American students pursuing careers in the health care industry. To qualify, applicants must have a minimum grade point average of 3.0 or “B” average and reside or attend schools in California, Georgia, Maryland or Texas for the 2006-2007 school year. For more information about the African American Scholars program or to download an application, visit [www.pacificare.com/aahs](http://www.pacificare.com/aahs). The deadline for applications is Monday.

Military intelligence recruiting

The 6th Battalion, U.S. Army Reserve, seeks Soldiers to fill military intelligence positions at Camp Bullis. For more information, call Sgt. 1st Class Barbara Richardson at 295-7629.

Webster University

The Webster University staff is available for all military personnel interested in pursuing a master’s degree. The Webster office is located in the Army Education Center, Building 2248, and is open Monday through Friday from 7:30 a.m. to 4 p.m. For more information, call 226-3373.

St. Mary’s University education office

A St. Mary’s University representative is available Monday through Thursday from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master’s degree in teacher certification. For more information, call Iona Million at 226-3360.

Army online training

Army e-Learning is available for all Army personnel. People can access more than 2,600 distance learning courses to include business skills, interpersonal skills, computer professional and computer user skills, environmental, safety and health courses, 29 foreign languages and more than 80 information technology vendor certification exams. Army e-Learning offers personal mentoring for most IT certifications, in addition to promotion points and college credits. Also included is temporary access to more than 8,000 online books so people can assess their value to the workforce. This is a free service. For more information, visit <https://usarmy.skillport.com/rkusarmy/login/usarmylogin.cfm>.

Free training available

The Human Relations/Equal Employment Opportunity Office offers the following classes at no charge: Prevention of Sexual Harassment, Diversity, Basic EEO, Disability Etiquette, Communicating with Hearing Instrument Users, Reasonable Accommodation Procedures and Communicating Effectively. For more information or to schedule a class, call Marie Jangaon at 221-9194 or Glennis Ribblett at 221-9401.

Volunteer

School supply drive

Randolph-Brooks, Clear Channel Radio and the Communities in Schools will host a school supply drive Friday at all Randolph-Brooks locations. Radio remotes will be held Friday from 7 a.m. to 7 p.m. at the Creswell Center, One Randolph-Brooks Parkway.

Endodontics patients needed

The Department of Endodontics at Lackland Air Force Base seeks patients in need of root canal therapy. Applicants must be a military retiree, family members of active duty or a retiree, and have recently been diagnosed by a dentist with an endodontic condition requiring root canal therapy. Patients will be selected for treatment based on the needs of the endodontic training program. Eligible patients must obtain a written consult from their referring dentist and fax it to 292-6431 or bring it to the MacKown Dental Clinic during normal duty hours. For more information, call 292-7214.

Neighbors helping neighbors

The Arena District Neighborhood Association is currently accepting donations for the first annual “Back to School, Back to Basics” collection drive through Friday. Children’s hygiene and school products are needed. For more information, call 534-2103 or visit [www.geocities.com/arenadistrict](http://www.geocities.com/arenadistrict) or [arenadistrict@yahoo.com](mailto:arenadistrict@yahoo.com).

USO seeks volunteers

The United Services Organization Council of San Antonio has volunteer positions available in the following areas: the airport reception center, the downtown community center, events and programs, and the business office. For more information, call Julie Nichols at 227-9373, ext.12 or e-mail [jnichols@alamouso.org](mailto:jnichols@alamouso.org).

Girls, Boys Town seeks mentors

Father Flanagan’s Girls and Boys Town of San Antonio is looking for volunteer

mentors to help children improve their reading skills. For more information, call 271-1010 or e-mail [chavezm@girlsandboys-town.org](mailto:chavezm@girlsandboys-town.org).

Children’s Shelter seeks families

The Children’s Shelter seeks new foster and adoptive parents to care for children in Texas. Children’s ages range from newborn to 17 years old. The Children’s Shelter is a nationally accredited agency that provides a safe haven and emergency care for children who have been abused, abandoned or neglected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail [achavez@chshel.org](mailto:achavez@chshel.org).

ASPCA seeks animal lovers

The American Society for the Prevention of Cruelty to Animals invites the public to nominate extraordinary pets and people for its annual Humane Awards. Animals and humans who have furthered animal welfare or engaged in animal heroism in the United States during the past year may be considered for this distinguished and unique honor. There are numerous Humane Awards categories. Nominations can be submitted either via the ASPCA Web site at [www.aspc.org/nominate](http://www.aspc.org/nominate) or in writing to: ASPCA Humane Awards Nomination Committee, Special Events Department, 110 Fifth Ave. New York, NY 10011.

Essay contest

Kraft Foods “Salute to Military Families” program is sponsoring a youth essay contest that will award three \$1,000 U.S. Savings Bonds to military youth in the San Antonio area. The essay cannot exceed 1,000 words and must be written by the military child on the topic of “The Person I Admire.” The contest is open to military children 18 years old and younger. “Salute to Military Families” is sponsored by Kraft Foods and Milk Bone, Post Cereals and Oscar Mayer products. Essays should be postmarked before Tuesday and mailed to the San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 West, San Antonio, Texas 78277. For more information, call 221-2606.

Canine assistant program

Kraft Foods will offer a canine assistant to military families with a member who qualifies to have one. These specially trained dogs assist people with disabilities and cost nearly \$15,000. Kraft pays the entire cost. For more information, call 221-2606.

Missions bat boy, girl program

Kraft Foods is looking for military children to participate in its honorary bat boy and girl program. Honorary bat boys and girls receive a San Antonio Missions baseball cap and T-shirt, tickets for their families to attend the game, and will participate in opening ceremonies on the field at home games Fridays, Saturdays and Sundays. The program is open to youth 18 years old and younger who are authorized to use the Defense Commissary Agency and Morale, Welfare and Recreation programs. Youth interested in participating must register by mailing a postcard to the San Antonio Missions Baseball Club, Kraft Singles Honorary Bat Boy, 5757 Highway 90 West, San Antonio, Texas 78277. For more information, call 675-7275 or 221-2606.

Fiesta Commission poster entry

Fiesta San Antonio Commission seeks artists to design the official Fiesta 2007 poster. The contest is open to artists ages 18 and older who live within 60 miles of San Antonio. The deadline is Aug. 4. The winning artist will receive \$5,000, will be honored at the Fiesta San Antonio Poster unveiling and recognized in the Fiesta Magazine. For more information, call the Fiesta Commission office at 227-5191 or visit [www.fiesta-sa.org](http://www.fiesta-sa.org).

SUBMISSION GUIDELINES:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be

published. To submit a Fort Freebie, e-mail [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



**For Sale:** Little Tykes slide, picnic table and teeter totter, \$15 each; six-piece Kenwood stereo, \$50; 25-inch RCA TV, \$40. Call 310-1285.

**For Sale:** Five proof coin sets (1978s, 1979s, 1980s, 1993s, 1994s), \$56.50, will sell separately. Call 653-5302.

**For Sale:** 1997 Pontiac Grand Prix, has new tags, inspection sticker and struts replaced in June, needs major repairs, make an offer. Call 646-6801 after 6 p.m.

**For Sale:** Washer and dryer, excellent condition; sofa, coffee tables, walnut dining room set with china cabinet,

lights, glass doors. Call 656-6772.

**For Sale:** Five-piece solid oak bedroom set, queen head and foot board, five-drawer chest, eight-drawer dresser, mirror, \$600; antique Hoosier (old time kitchen cupboard with work space), \$400; daybed, excellent condition, \$200. Call Celeste at 471-1462.

**For Sale:** White Kenmore upright freezer, 11.6 cubic feet, \$100; Pro Form 995 SEL treadmill, \$500. Call 380-5116.

**For Sale:** 2005 John Deere LT 110 lawn tractor, 42-inch cut, loading ramps, \$1,200 obo, local delivery may be possible. Call 334-0337.

**For Sale:** Amana frost-free refrigerator, 22 cubic feet, white, in excellent condition, \$300. Call 590-1614 or 885-1807.

**For Sale:** 1994 Volvo station wagon, runs great, \$5,000. Call 655-7682.

**For Sale:** Car bra for a BMW Z4, fits model years 2003-2006, \$75 obo; soft top assembly (covers the convertible top when it is down) for all Mustang convertibles, fits model years 2002-2005, \$100; racketball racquet, \$15; tennis racket, \$15. Call Rita at 295-6321 or 512-589-7286.

**Wanted:** Moving boxes. Call Larry or Tracy at 496-2330.

